



# Families, Children and Seniors Committee

June 13, 2023

# Objectives Today

Aging trends in Northwest Michigan

About the Area Agency on Aging of Northwest Michigan

Challenges serving rural geographies

Parting thoughts

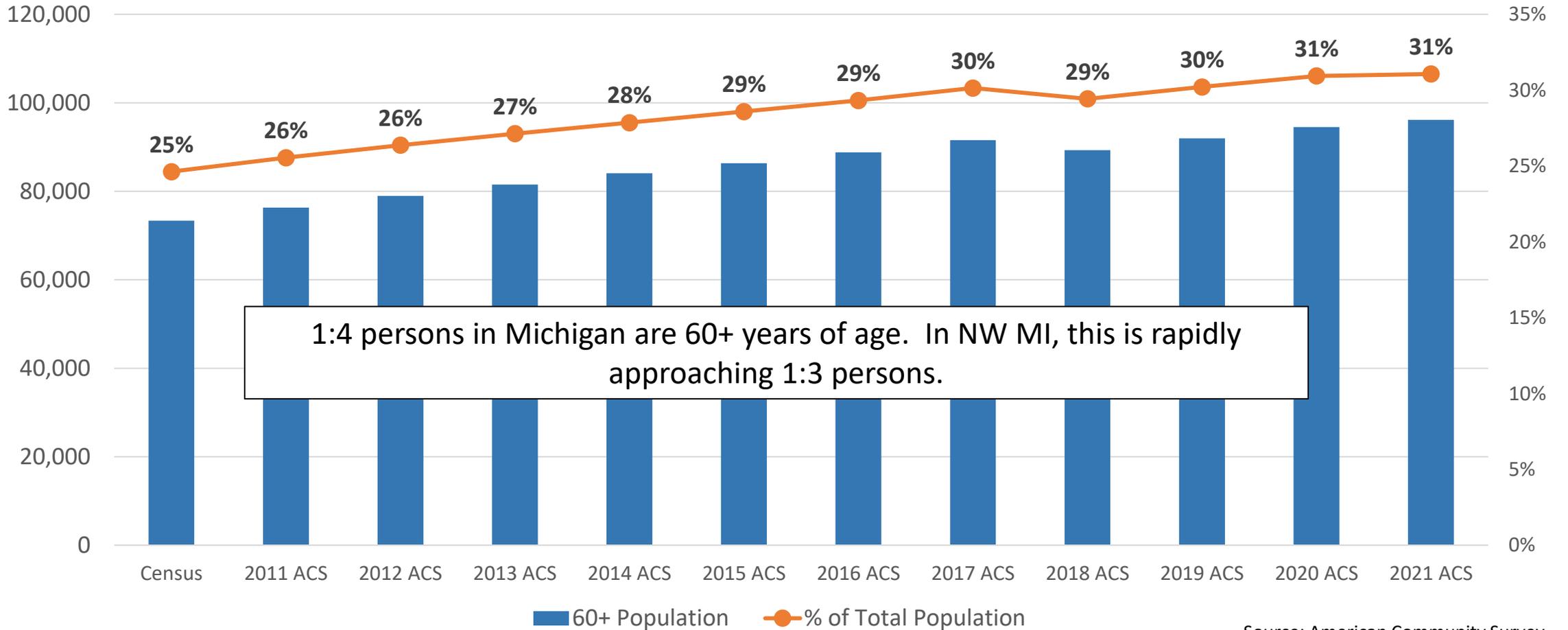


# About Aging and Northwest MI



## Trended 60+ Population as % of Total Population Northwest Michigan 10 Counties

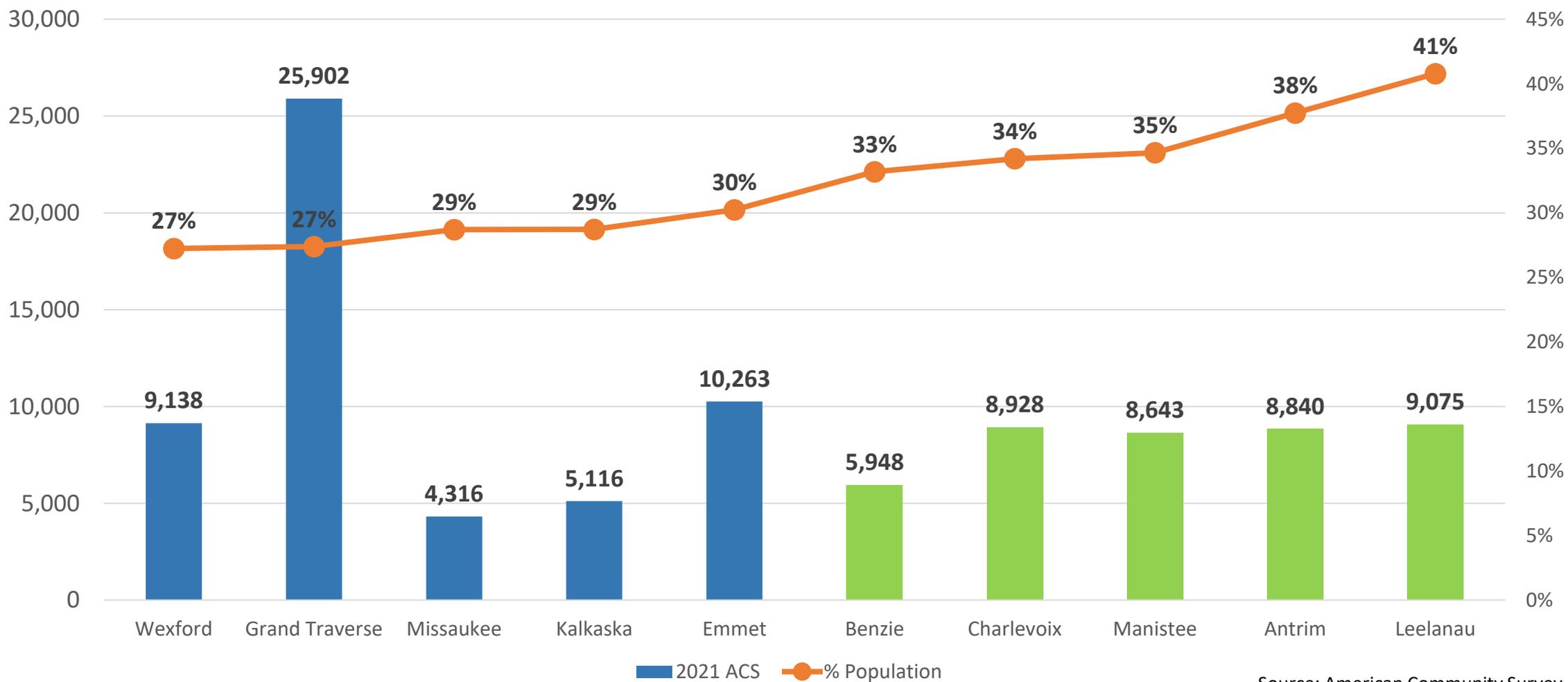
Total population = 309,563  
60+ population = 96,169



1:4 persons in Michigan are 60+ years of age. In NW MI, this is rapidly approaching 1:3 persons.

Source: American Community Survey

## 2021 American Community Survey 60+ Population by County in Northwest Michigan

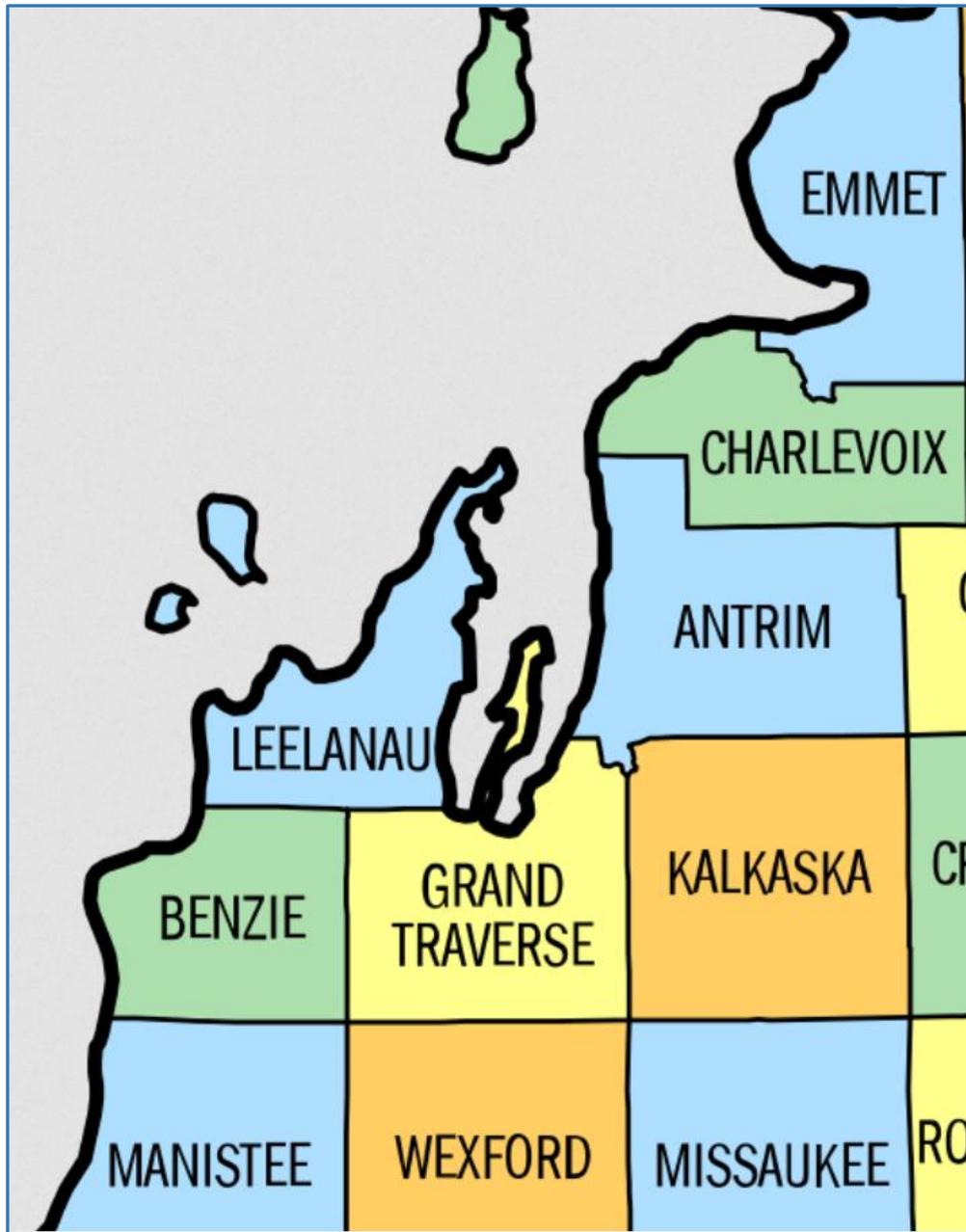


Source: American Community Survey

# National Poll on Healthy Aging 2022 and 2023

- Most older adults (88%) want to age in their current homes as long as possible.
- 48% of those living alone don't have anyone who could help them with personal care if needed.
- Only 19% of those living alone are very confident they could pay someone to assist them with household chores, grocery shopping, personal care or managing finances.
- One in three older adults reported infrequent contact (once a week or less) with people from outside their home in 2023.

University of Michigan Institute for Health Policy and Innovation



# Public Funding of Senior Services in NW MI

## Senior millage

- Base level of in-home support
- Home delivered meals

## Older Americans Act and State Funding

- Care Management of frail older adults
- In-home services
- Home delivered meals

## Medicaid

- Nursing Home Care
- Alternatives to Nursing Home Placement (Home and Community Based Services)



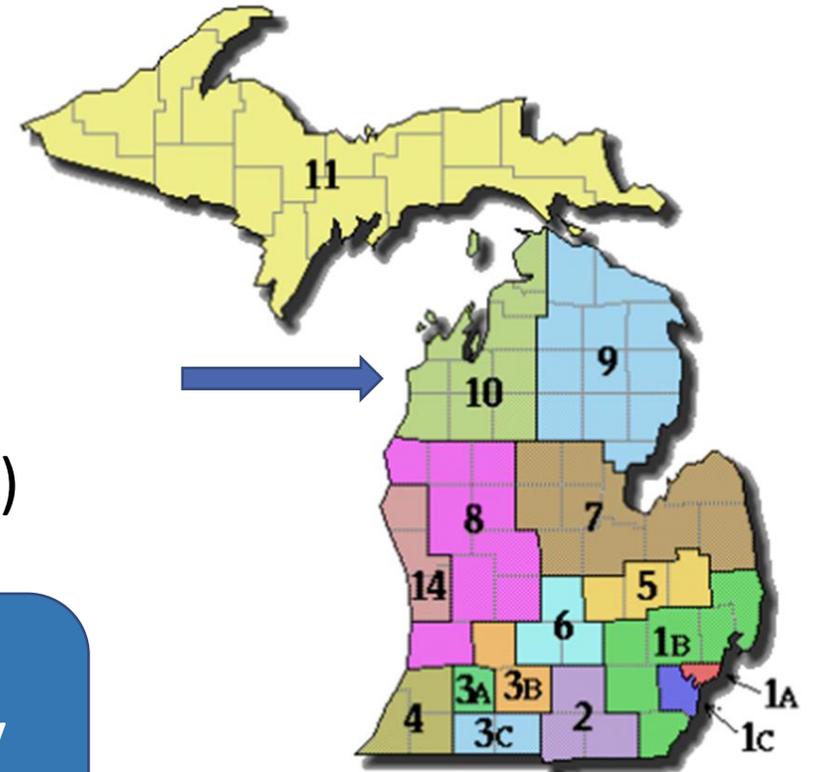
# About AAANM



# About AAANM

- Private 501c3 Nonprofit Agency
- Approximately 45 employees
- Serving 10 counties in Northwest Michigan / 4,722 square rural miles
- Population ~309k / ~96k seniors (60+ yrs of age)

Our mission is to serve and advocate for older persons, adults with disabilities and caregivers by supporting their independence, dignity and quality of life.



# About AAANM Services and Support

## Navigation and Resource Support

- Information and Referral
- Options Counseling
- Caregiver Support
- Medicare/Medicaid Assistance Program (MMAP)

## Alternatives to Nursing Home Placement

- Care Management of frail, vulnerable adults at risk of nursing home placement
- MI Choice Waiver program

Services are meant to target the most frail, socially-economically challenged, minorities, and those with cognitive impairments.

# About AAANM Services and Support

## Granting and Assessing

- Home Delivered Meals and Congregate Meal Sites
- Other senior services

## Advocacy

- On behalf of individuals
- For systems change
- For funding needs

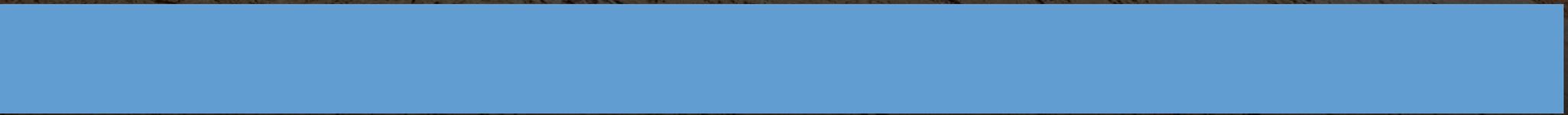
# Increasing challenges serving seniors

- People don't know where to turn or how to access services
- Caregiver burnout
- Need for more in-home services
- Direct Care Worker shortage
- Social isolation
- Behavioral health (mental and substance use)
- Increasing elder abuse including financial exploitation
- Housing and transportation
- Food insecurity

AAANM Community  
Needs Assessment  
Findings



# Challenges Serving Rural Geographies



# About Rural Northwest Michigan

Majority of population is distributed in low densities across the region

- High cost of living due to geographic location - “view of the bay”
- Economically distressed individuals live in remote areas where housing is more affordable (when stock is available)
- Heavy reliance on personal vehicles (rather than public transit)
- Greater distances to travel to provide or receive services
- Separation of many households from convenient access to services

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*= Isolation, high travel costs and difficulty accessing many types of services*

# Examples of what this looks like:

Thank you for supporting policy changes to increase housing availability!

- Limited or no access to medical care services within 60-90 minutes of home
  - Medical care is increasingly reliant on telehealth capabilities to reach rural areas
  - Large swaths of areas in NW Michigan lacking broadband or cell phone coverage (and then there's affording it ...)
- In Manistee County, 1,015 meals are delivered in one week, driving an average of 2,479 miles
- Inflation - increasing senior homelessness or at risk of homelessness and food insecurity with lack of social support
  - Many seniors have to choose between food and medicine

# Examples of what this looks like:

Thank you for supporting increasing Direct Care Worker wages!

- Direct Care Work force challenges are amplified
  - Fewer people of working age living in NW Michigan to fill positions
  - Housing crisis coupled with inflation makes it impossible for those with lower wage jobs to live in region
  - Transportation costs to perform Direct Care Work are a significant barrier
- Fewer vendors providing transportation for senior needs (shortage of workers, rising costs)



# Parting Thoughts

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- Thank you for your time today
- Thank you for work already underway supporting seniors
  - Funding Direct Care Worker wages
  - Supporting efforts to address food insecurity
  - Supporting policies for housing, broadband development